



June is Acne Awareness Month

June is Acne Awareness Month! Most likely you or someone you know has been affected by acne. Acne is one of the most common skin conditions seen worldwide, with over 80% of adolescents being affected. Acne can develop anytime from puberty to adulthood and is common in areas such as the face, chest, and back. Acne is caused by increased oil production (sebum) along with a high accumulation of dead skin cells. There is also increased bacteria, *Cutibacterium* acnes. Hair follicles and pores become blocked and inflamed resulting in acne. Other contributing factors include hormones, genetics, medications, stress, food (skim milk and high glycemic foods), and environmental factors.

Ashlin Brown, PA-C

Ashlin Brown graduated with honors from Salve Regina University with a Bachelor of Science in Biology and minor in Chemistry. She then went on to complete her Master of Science in Physician Assistant Studies at Johnson & Wales University where she received extensive training and had the opportunity to complete two rotations in dermatology. Ashlin has been with Aspire since 2016 where she worked as a medical assistant prior to becoming a physician assistant. She has received much of her dermatology training from Dr. Jason Michaels. Ashlin brings her knowledge, expertise, and compassionate care to Aspire Dermatology.



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There are two types of acne: inflammatory and non-inflammatory. Inflammatory acne consists of red inflamed papules, pustules, cysts, and nodules (deep pimples). Non-inflammatory acne consists of whiteheads and blackheads (closed or open comedones). Hormonal acne, which appears more inflamed, occurs in females during adolescence, adulthood, and even pregnancy. It is distributed around the jawline/chin and worsens during menstrual cycles.

Acne (especially inflammatory) can cause significant scarring along with impacting patients mentally and socially. The good news is there are many treatment options for those with acne!

Two Types of Acne



Inflammatory acne (Visual DX)



Non-inflammatory acne (Visual DX)

If you or your child have been struggling with acne, do not wait any longer. Call Aspire Dermatology to set up an appointment today! Our providers will work with you to create the best treatment plan for your acne and help you achieve beautiful, clear skin.

Treatment Options for Acne

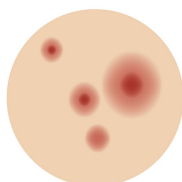
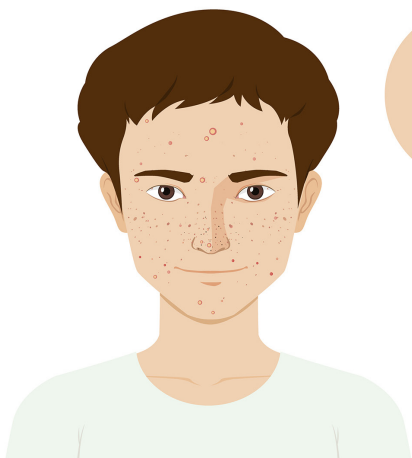
Topical Treatments: Topical treatments include retinoids, azelaic acid, and topical antibiotics, along with benzoyl peroxide and salicylic acid washes. These products are available as prescriptions, and some are available over the counter. Always make sure to contact your provider prior to using any treatments.

Oral Treatments: Oral treatments include antibiotics such as doxycycline or minocycline. Spironolactone or oral contraceptive pills can be used to control hormonal acne in females. Isotretinoin (Accutane) is an oral retinoid used for moderate to severe acne or when other treatments have failed. This medication is the only “cure” for acne, with very low recurrence after treatment. There are side effects with isotretinoin, which are monitored closely with monthly visits to your dermatologist and through the government-regulated program iPledge.

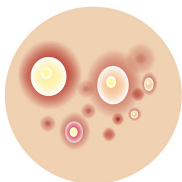
In office treatments: steroid injections, extractions, and blue light therapy can be added to the above treatments. In addition, there are chemical peels and lasers for scarring. These procedures are performed by a licensed medical professional.

Lifestyle Modifications: In addition, lifestyle modifications can help improve acne. Avoid “popping” pimples and avoid touching your face. Make sure to wash your face every morning and night and use only “oil-free” and “non-comedogenic” products. Also, shower immediately after sports or working out.

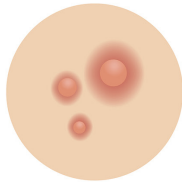
ACNE TYPES



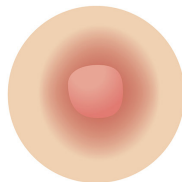
acne scar



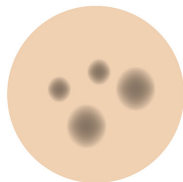
pustule



papule



nodule



blackhead

FREE!

Aspire Skin Care Product with the purchase of a Hydrafacial Treatment

Available at the
Middletown, Warwick, and Riverside Locations.
While supplies last.



Visit our online store for our full range of products



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For more information, follow us on Social Media or visit our Website



AspireDermatology.com

We would like to thank all of our staff for their
continued dedication to our patients
and the communities in which we all live and work

MIDDLETOWN OFFICE	102 Valley Road, Middletown, RI 02842
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